



Outreach of the Month: Prevention: Pneumonia

Information for Your Patients

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Preventing Pneumonia:

1. Get vaccinated: both FLU & PNEUMOCOCCAL
2. Wash your hands frequently
3. Don't smoke/avoid second hand smoke: tobacco damages the lungs ability to fight off infections.
4. Be aware of your general health: Good health habits—a healthy diet, rest, regular exercise, etc.—help you from getting sick from viruses and respiratory illnesses. They also help promote fast recovery when you do get a cold, the flu or other respiratory illness.
5. Take prescribed antibiotics

FLU VACCINE REMINDER

The Flu Ends With U!

Getting the flu vaccine can prevent further complications of chronic diseases, the spread of the influenza virus, and protecting your loved ones and yourself.

Contact your Primary Care Provider (PCP) for more information on how you may prevent the Flu.

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